

SAND RUN PHARMACY

Let's Get Outdoors!

May 2019 Newsletter

Many people spend workdays indoors under fluorescent lights and in front of computers, then return home to bask in the glow of television screens. But research suggests it's important to make time to get outdoors as well, since doing so is beneficial — maybe essential — for human health. Health researchers are finding more reasons we should go outside and enjoy the natural world. Spending time in natural environments improves physical and mental health. Take advantage of hiking trails near your home, the Towpath, the Nature Realm, or just spending time every week in a local park.

Reasons why getting outdoors are so important:

- ☀ Several studies show that **nature walks have memory-promoting effects** that other walks don't.
- ☀ Being outdoors has a **demonstrated de-stressing effect**. Among office workers, even a view of nature out a window is associated with lower stress and higher job satisfaction.
- ☀ Spending time outside **reduces inflammation**. When inflammation goes into overdrive, it's

associated with a wide range of ills. Spending time outdoors may be one way to help keep that in check.

- ☀ Enjoying the outdoor **helps eliminate fatigue**. Natural beauty can elicit feelings of awe, which is one of the surest ways to experience a mental boost.
- ☀ Outdoor experiences **may help fight depression and anxiety**, especially when combined with exercise.
- ☀ It's no surprise that outdoor time — which usually involves walking — **lowers blood pressure** too.
- ☀ We know the natural environment is “**restorative**” — that even applies to your waning attention. The attention-improving effect of nature is so strong it might even help kids with ADHD: they've been found to concentrate better after just 20 minutes in a park.

So it's not surprising that outdoor time is associated with **better overall health measures**. This month we have several local opportunities for you to enjoy the outdoors with family, friends, and your pets.

10th Annual Huntington Towpath Century Ride: June 8th - 9th

101 bikers... 101 miles

On the Ohio & Erie Canal Towpath Trail

This is year three for Tom Lamb!

He is joined on team Sand Run Pharmacy by Kevin Fearon (on the left) and Andy Lamb (on the right).

Help support this local charity by donating to their Century Ride. All donations are used to support the towpath.
towpathcentury.dojiggy.com





Have you tried BIOFREEZE?

Golfing, gardening, and sore muscles.

Biofreeze is a fast acting, cold therapy that provides you powerful pain relief when directly applied to skin.

Now Available in:

Cream	Gel
Roll on	Spray

Relieve those sore muscles with this long lasting formula. Available in our topical pain relief section.

Revere Junior Class Council hosting:

Wagging for Victory

A fun run and afternoon of activities with your four legged friends!

Sunday, May 5th

Victory Gallop

1745 N. Hametown Road, Akron

Raffles, Corn Hole, Music, Face Painting
VICTORY 5 k at 1pm



1 mile at 2 pm
 All dogs welcome

GALLOP

For more information visit:
victorygallop.org



AKRON-CANTON REGIONAL
FOOD BANK

AAIC Walk for Hunger

Sunday, May 5th

Unitarian Universalist Church

3300 Morewood Road, Fairlawn
 2 pm Registration / 3 pm Walk

This year the Akron Area Interfaith Council is celebrating the 10th Anniversary of the Fairlawn hunger Walk to benefit the Akron-Canton Regional Food Bank.

This year's walk offers a choice of one or two-mile paths. There will be live musicians from 2 - 3 pm in the social hall; and a celebratory meal of soup, fruit and sandwiches after the walk. Non-walkers are always welcome!

In Summit County alone 23,320 children, or one in five, lives with food insecurity and is not sure where their next meal is coming from.

MOTHER'S DAY

Sunday, May 12th

Mother's day is right around the corner. We offer, beautiful, Papyrus Mother's Day cards for the special MOMs in your life.



1590 WAKR Senior Luncheon Series

Wednesday, May 8th

St. George Fellowship Hall

Doors open at 11 am

Lunch, entertainment, and door prizes!

For more information visit
wakr.net

